
THIS WEEK'S NOTE FROM THE FARM

Dear CSA Member Last week a CSA member, Wayne wrote, "I've been an environmental consultant since the early 70s and amongst other issues I have been trying to follow the potential threats to agriculture due to climate change. Lately, I've been wondering if this year's unusually wet and cool weather is a harbinger of things to come...." .

I'm not sure about long term weather conditions and if the cold and wet will be our normal summer weather, but this year it is what we need to work with.

That being said, there is more Early Jersey Wakefield Cabbage this week and possibly even next week as well. It is one vegetable that thrives in the cold and wet and has outperformed even our highest expectations. The cabbage usually will hold in the field and we can pick it every other week but this year it is exploding in size and actually exploding in the field. We don't want to waste the cabbage and it is one of the things that is in abundance this year.

More rain this afternoon into tonight and tomorrow. Not sure how the tomatoes are going to fare but we will hope there is some sunshine in August.

Enjoy the Vegetables and Fruit-

Deborah, for everyone at Stoneledge Farm

VEGETABLES

Summer Squash
3 pounds

**Early Jersey
Wakefield Cabbage**
1 head

Lettuce 1 head

Scallions 1 bunch

Dill 1 bunch

Cucumbers Slicing 2

**Boothby Blonde
Cucumbers** 2

Swiss Chard 1 bunch

Eggplant 2

FRUITS

Red Currants 1 basket

Black Currants 1 basket

Sugar Plums 1 basket

east
88th
St.
CSA

WEEK 7

7.21.09

RECIPES

Thank you to our volunteers this week!

3:30 - 5:30:

**Sarah Kresberg,
Jeremy Levinn**

4:30 - 6:30:

**Sarah Archino,
Stasia Pasela**

5:30 - 7:30:

**Eri Noguchi,
Kathleen d'Erizans**

If you have not yet signed up on www.localfork.com to volunteer, please do so ASAP! We still have a number of shifts to fill throughout the rest of the summer and fall. Thank you for helping our CSA operate smoothly by volunteering.

RECIPES

Summer Vegetable Soup

6 cups Vegetable Stock
1 large carrot, peeled, trimmed, and diced
1/4 lb. green beans, trimmed and cut into 1" pieces
1 small bulb fennel, trimmed and thinly sliced, tops reserved for garnish
6 small red or white new potatoes, sliced
2 small yellow or green summer squash, diced
Salt and freshly ground black pepper
4 small sprigs fresh parsley
4 small sprigs fresh chervil

Bring stock to a simmer in a large pot over medium heat. Add carrots, beans, fennel, potatoes, and squash, cover pot, and gently simmer until vegetables are soft, about 20 minutes. Season to taste with salt and pepper.

To serve, ladle into individual bowls and garnish with reserved fennel tops, parsley, and chervil.

Leek and Swiss Chart Tart

1 sheet frozen puff pastry (half of 17.3-ounce package), thawed (I used a basic tarta dough instead)
2 tablespoons (1/4 stick) butter
3 large leeks (white and pale green parts only), coarsely chopped
1 teaspoon dried thyme

1/2 bunch Swiss chard, ribs removed, leaves chopped (about 2 1/2 cups)
1 1/4 cups whipping cream (I used whole milk)
3 large eggs
2 large egg yolks
1 teaspoon salt

1/4 teaspoon ground black pepper
Pinch of ground nutmeg
Roll out pastry on floured work surface to 12-inch square. Transfer to 9-inch-diameter glass pie dish. Trim overhang to 1 inch. Fold under; crimp edges. Cover; chill.

Melt butter in large nonstick skillet over medium-low heat. Add leeks and thyme. Sprinkle with salt and pepper. Cover; cook until leeks are very tender but not brown, stirring often, about 10 minutes. Add chard; saute until wilted, about 2 minutes. Remove from heat; cool.

Position rack in bottom third of oven; preheat to 425°F. Whisk cream and next 5 ingredients in large bowl. Mix in cooled leek mixture. Pour filling into crust.

Bake tart 15 minutes. Reduce heat to 350°F and bake until filling is puffed and just set in center, about 15 minutes longer (this took my oven about 10 minutes longer). Transfer to rack; cool 10 minutes.

Spaghetti with Swiss Chard and Garlic Chips

1/3 cup extra-virgin olive oil
1 head garlic, cloves peeled and thinly sliced lengthwise though I am sure crosswise would work as well
1 medium onion, finely chopped
1/2 cup dried currants (optional)
2 pounds green Swiss chard, stems and center ribs finely chopped and leaves coarsely chopped separately
1/2 cup water
1 pound spaghetti
1/2 cup Kalamata olives, cut into slivers
6 ounces feta, crumbled (1 1/2 cups)

Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook garlic, stirring, until golden, about 3 minutes. Transfer garlic with a slotted spoon to paper towels to drain.

Cook onion in oil remaining in skillet over medium heat, stirring occasionally, until softened, 3 to 5 minutes. Add currants and cook, stirring, until plumped, about 1 minute.

Stir chard stems into onion mixture with water and 3/4 teaspoon each of salt and pepper. Cook, covered, over medium-high heat until almost tender, about 5 minutes. Stir in chard leaves and cook, covered, until stems and leaves are tender, about 5 minutes.

Meanwhile, cook spaghetti in a pasta pot of boiling salted water (2 tablespoons salt for 5 quarts water) until al dente. Reserve 1 cup pasta-cooking water and drain spaghetti.

Toss spaghetti with chard, olives, and 1/2 cup cooking water, adding more cooking water if necessary. Season with salt and pepper. Serve sprinkled with feta and garlic chips.

Broiled Eggplant with Capers and Mint

1 pound thin Italian or Asian eggplants (2 to 3), cut into 1/4-inch-thick rounds
5 tablespoons extra-virgin olive oil, divided
2 tablespoons red-wine vinegar
1/4 cup chopped mint
2 tablespoons small capers, rinsed

Preheat broiler.

Arrange eggplant in 1 layer on a large baking sheet and brush both sides with 2 tablespoons oil (total). Broil about 4 inches from heat, turning once, until golden, 8 to 12 minutes total.

Stir together vinegar, mint, capers, 1/4 teaspoon salt, 1/2 teaspoon pepper, and remaining 3 tablespoons oil and toss with warm eggplant. Marinate at least 20 minutes.

Marinated eggplant can be made 1 day ahead and chilled. Bring to room temperature before serving.

Summer Squash with Dill and Feta

2 tablespoons freshly squeezed lemon juice
1/2 teaspoon dried oregano leaves
2 cloves garlic, chopped
1/2 teaspoon Dijon mustard
5 tablespoons olive oil
salt and ground black pepper to taste
2-1/2 tablespoons chopped dill (use the feathery portions only)
1/3 cup crumbled feta cheese
3 pattypan squash - trimmed and cut into 1/2 inch thick slices
3 zucchini, trimmed and cut into 3/4" thick slices
3 yellow (crookneck) squash, trimmed and cut into 3/4" thick slices

Combine lemon juice, oregano and garlic in a non-reactive bowl.
Whisk in mustard and olive oil.
Season with salt and pepper to taste.
Stir in the dill and feta cheese; set aside.

Cook squash until tender, but not mushy.
Carefully transfer squash to a serving plate.
Stir dill and feta dressing to recombine, spoon over squash.